



## Creating healthy eating habits can be a walk in the park.

*Healthy eating should be regular, easy, and fun.  
Don't use food as punishment for bad behavior or use it to reward good behavior.*

# April

| SUNDAY                        | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|--------|---------|---|----------|--------|----------|
|                               |        | 1       | 2   | 3        | 4      | 5        |
| 6                             | 7      | 8       | 9   | 10       | 11     | 12       |
| 13                            | 14     | 15      | 16 <i>Example: It was windy, so Billy flew his kite after school today.</i> | 17       | 18     | 19       |
| 20                            | 21     | 22      | 23  | 24       | 25     | 26       |
| 27<br><small>Passover</small> | 28     | 29      | 30  |          |        |          |

#### Did you know it's ...

- National Youth Sports Safety Month
- Infants Immunization Week - April 22-29
- World Health Day - April 7

### Achievement Ideas

1. **Fruit of the month — Pears.** Try pears with a meat dish like lean pork.
2. Get your family together and take your dog (or perhaps your neighbor's dog if you don't have one) for a brisk walk.
3. Check out an exercise video from your library and get the whole family involved.
4. *What's your idea?* \_\_\_\_\_

Total number of achievements this month: \_\_\_\_\_



### Meal Tips

#### Breakfast

Layer whole-grain granola with low-fat yogurt and your favorite fresh fruit for a morning parfait.

#### Lunch

Order a veggie pizza and ask for extra vegetables.

#### Dinner

Use ground beef that is at least 90% lean.

#### Simple Snack

**Ants on a Hill** — Spread peanut butter on an apple slice and top with raisins or dried blueberries.



### Activities

- Walking a dog
- Racquetball
- Play hoops
- Martial arts
- Jump rope
- Kite flying

### Fun Fact

A person burns only about one calorie per minute while watching TV, about the same as sleeping! Get up and move!



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